



SECTION ONE Standard House Diets

Diet manual

Modified Electrolytes

Low Potassium (50 mEq or 2000 mg) Diet

General Description

The low potassium diet is planned to restrict foods that are good sources of potassium, while providing adequate calories to maintain desirable body weight.

Indication for Use

The diet is indicated for patients with hyperkalemia, chronic renal failure, or other diseases requiring a dietary potassium restriction.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet may be inadequate in calcium, Vitamin D, B-complex Vitamins, and Vitamin C. Iron may be inadequate for pre-menopausal females.

Guidelines

Food Groups	mEq/mg per Serving	Serving/ Day	Foods Allowed	Foods Not Allowed
Dairy	1/2 cup=4.5/175	1	Milk, ice cream, cream, buttermilk, cottage cheese.	Instant breakfast drink, chocolate milk, hot chocolate milk, yogurt.
Meat or Substitute	1 oz.=2.5/100	6	Meat, poultry, fish (except not allowed).	Peanut butter. Flounder, halibut, herring, sardines.
Cheese	1 oz.=1.0/80	As meat substitute	All	None
Eggs	1=2.0/80	1	Prepared any style.	Egg substitute.
Potato Substitute	1/2 cup=1.0/40	2-3	Rice, noodles, pasta, macaroni.	Potato, sweet potato, yams.

Low Potassium Diet

Vegetables	1/2 cup (unless otherwise specified)	Total daily allotment for vegetables and fruits should equal 20 mEq or 800 mg.	<p><i>1 mEq/40 mg</i> Onion (raw) - 2 tbs. Parsley (raw) - 2 tbs.</p> <p><i>2 mEq/80 mg</i> Beans (green, string, wax, yellow)-cooked, Cabbage, Chicory, Cucumber, Endive, Lettuce</p> <p><i>4 mEq/160 mg K+</i> Asparagus (cooked), Beans (raw green, string, wax, yellow), Beets (cooked), Carrots (raw), Cauliflower (cooked), Celery (raw), Eggplant (cooked), Kale/mustard greens (cooked), Mushrooms (raw), Okra (raw), Peas (cooked), Peppers (cooked or raw), Radish (raw)-10, Rutabaga (cooked), Spinach (raw), Squash, summer (cooked).</p>	Artichokes, Black-eyed Peas, Broccoli, Brussel sprouts, Corn, Cow Peas, Greens—beet, collard, dandelion, Kidney Beans, Kohlrabi, Lentils, Lima Beans, Parsnips, Peas (raw), Potato (white or sweet), Pumpkin, Spinach (cooked), Squash (winter), Tomatoes, Tomato paste or puree.
Fruits & Fruit Juices	1/2 cup (unless otherwise specified)	Total daily allotment for fruits and vegetables should equal 20 mEq or 800 mg.	<p><i>1 mEq/40 mg K+</i> Cranberries (fresh, frozen, sauce), Cranberry juice-1 cup, Grape Juice (frozen), Lemonade-1 cup, Limeade-1 cup, Pear Juice, Plum (fresh) 1 small.</p> <p><i>2 mEq/80 mg</i> Applesauce, Apple slices (frozen), Blackberries (frozen), Blueberries (fresh, frozen, or canned), Boysenberries (frozen), Fig (fresh) 1 medium, Grapes (fresh) 10, Lime (fresh), Peach Juice, Watermelon (fresh).</p>	Apples (dried), Apricots (fresh), Apricot nectar, Avocado, Banana, Cantaloupe, Casaba Melon, Coconut (dried), Dates, Figs (canned or dried), Honeydew (fresh or frozen), Nectarines, Orange (fresh), Orange Juice, Peach (dried), Pear (fresh or dried), Pomegranate, Prunes, Prune Juice, Raisins.

Low Potassium Diet

Fruits & Fruit Juices (continued)	1/2 cup (unless otherwise specified)	Total daily allotment for fruits and vegetables should equal 20 mEq or 800 mg.	<p><i>3 mEq/120 mg</i> Apple Juice or Cider, Blackberries (fresh), Blueberry Juice, Boysenberries (canned), Cherries (fresh) 10, Coconut (fresh), Fruit Cocktail (canned), Grapefruit (fresh) 1/2, Grapes (canned), Lemon (fresh) 1 med, Pear (canned), Pineapple (fresh, frozen, canned), Plum (fresh) 1 med., Raspberries (fresh, frozen), Strawberries (fresh, canned), Tangerine (fresh).</p>	
			<p><i>4 mEq/160 K+</i> Apple (baked), Black- berries (canned), Cherries (frozen, canned), Fruit Salad (jarred), Grape Juice (canned), Mango (fresh), Papaya (fresh), Peach (frozen, canned), Raspberries (canned), Rhubarb (fresh), Straw- berries (frozen).</p>	
			<p><i>5 mEq/200 mg K+</i> Apple (fresh) 3 inch diam., Grapefruit juice, Peach (fresh) 2 inch diam., Pineapple juice, Plums (canned).</p>	
Bread & Cereals	1/2 cup or 1 slice=1.0/40	4-5	Bread, plain bagels, plain crackers, biscuits, rolls, hamburger bun, doughnut, all cooked and dry cereal except "not allowed".	Bran cereals, muffins, English muffins, potato chips, pancakes, waffles.
Fats		As desired.	Margarine, butter, oil, salad dressing, mayonnaise, bacon.	Gravy, meat extracts, nuts, seeds.

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Beverages		As desired.	Carbonated sodas (except those containing juices not allowed), Powdered fruit-flavored drinks. Limit regular or decaf-feinated coffee or tea to 240cc per day.	Orange drinks, Electrolyte replacement beverages.
Soups		1/2 cup	Cream soup may be substituted for 1 serving from dairy group when made with acceptable vegetables.	Broth, bouillon, vegetable soup; bean, pea, and lentil soup.
Desserts/ Sweets	Trace	1-2	Fruit ice, gelatin, fruit pies, cookies, cake, popsicles, jelly, hard candy, honey, syrup, marshmallows, milk-based desserts within dairy allowance.	Custard, pudding, chocolate.
		As desired.	Sugar.	
Miscellaneous		As desired.	Mustard, pepper, salt, herbs and spices, lemon juice.	Sat substitute, low-sodium baking cocoa powder.

Low Potassium Diet**Suggested Pattern for Meal Planning**

Food Groups	mEq/Serving	Recommended # Servings/Day	Total mEq/Food Group
Dairy	4.5/120cc	1/2 cup	4.5
Meat	2.5/oz.	6 oz.	15
Cheese	1/oz.		
Egg	2/each	1 each	2
Potato Substitute	1/100 gm	2-3	3
Vegetables	1-4 mEq/serving		To Total 20
Fruits & Fruit Juices	1-5 mEq/serving		
Breads & Cereals	1/slice or 1/2 cup	4-5	5
Fat	0	As desired	0
Soups	—	1 in place of dairy	—
Desserts	Trace	As desired	—
			Daily Total = 50 mEq

Suggested Meal Plan

Breakfast	Lunch	Dinner
Cranberry Juice (1 mEq)	90 gm Meat or Substitute	90 gm Meat or Substitute
Cereal	Potato Substitute	Potato Substitute
1 Egg	Vegetable (2mEq)	Vegetable (4mEq)
Toast	Fruit (4mEq)	Salad/Dressing (2mEq)
Margarine	Bread	Fruit (5mEq)
Jelly	Margarine	Dessert
120cc 2% Milk	Lemonade (1mEq)	Bread
		Margarine
		Lemonade (1mEq)